Stressbusters Calendar Fall 2022 Plain Text

Monday, November 28th 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

STRESS LESS B-I-N-G-O
On your own time, anywhere
Find the board at go/stresslessbingo and once you have a BINGO, email HWE for a prize! healthandwellnessed@middlebury.edu.

Tuesday, November 29th 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

HERE AND NOW
2:30PM - 3:00PM
HWE Office, Ross - with Counseling Staff
Try a few simple activities to promote the physical changes needed to get calm and focused. Practice and get the benefits right away and take away easy skills to use any time.

LAUGHING YOGA
3:15PM - 3:30PM
HWE Office, Ross - with Counseling Staff
Come laugh, relax and revive. Bring a friend and have a giggle - The more, the merrier!

THERAPY DOG TIME WITH STELLA
3:30PM - 4:30PM
McCullough first floor
Take a break from work and spend some getting love from Stella the therapy dog!

THE SLOWDOWN
4:30PM - 5:30PM
Scott Center, 46 South St.
Take a breath, slow it down, and use your creative mind! Come with work collaging, origami, watercolors, & more and enjoy hot homemade chai and cookies.

Stressbusters Calendar Fall 2022 Plain Text

Wednesday, November 30th 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

KNIT AND SIP
10:00AM - 12:00PM
HWE Office, Ross
De-stress with some knitting needles, yarn, & a cup of cider (or chai!) No knitting experience needed. Supplies provided - but feel free to bring your own!

MANAGING STRESS WITH STELLA THE DOG
4:00PM- 5:00PM
Mitchell Green Lounge
Connect with others about ways to manage stress, along with therapy dog Stella for some down time.

WAKEFUL WEDNESDAY
4:30PM - 5:30PM
Middlebury Chapel
20 minutes of quiet contemplation with reading and music to bring awareness, strength and perspective for living during personal, political, racial, ecological and other upheavals.

BOARD GAME & SNACK NIGHT
4:00PM - 6:00PM
CCI, Kitchel House
Stop by Kitchel House for some board games and snacks! Hot chocolate, popcorn, and games!

RESTORATIVE MOVEMENT & MEDITATION
5:00PM- 6:00PM
AFC, Carr Hall
A session of restorative movement and meditation. including invitations into various supportive postures & guided meditation. All bodies, abilities, & experience levels are welcome!

Thursday, December 1 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

Stressbusters Calendar Fall 2022 Plain Text

REVOLVING REFLECTIONS
4:30PM - 5:30PM
McCullough Reflection Space
(above Crest Room)
5 separate 10-minute guided meditations with a few minutes of space between each reflection for people to come and go.

SEX LIVES OF COLLEGE GIRLS SCREENING WITH SPECS
7:00PM - 8:30PM
BiHall 104
Join SPECS educators for snacks, pizza, & a screening of Sex Lives of College Girls Season 2! Raffle prizes & fun!

PAINT AND SIP
7:00PM - 8:30PM
McCullough - Mitchell Green Lounge
Sip, paint, unwind. Supplies provided!

Friday, December 2 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

HERE AND NOW
1:00PM - 1:30PM
HWE Office, Ross; with Counseling Staff
Try a few simple activities to promote the physical changes needed to get calm and focused. Practice and get the benefits right away and take away easy skills to use any time

LAUGHING YOGA
1:45PM - 2:00PM
HWE Office, Ross - with Counseling Staff
Come laugh, relax and revive. Bring a friend and have a giggle - The more, the merrier!

A QUIET PLACE (NOT THE HORROR MOVIE)
2:30PM-4:30PM
HWE Office, Ross
Looking for a quiet space to give your mind a quick rest? Zero gravity chairs, yoga mats, & sound machines to the rescue. Come pop into our space and take a short nap.

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Monday, December 5 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

BUILD A SELF CARE KIT!
12:00PM - 2:00PM
Ross Courtyard (Outside of Ross dining)
Come fill a bag with self-care supplies to help you unwind while studying. Supplies will be provided to decorate your self-care bag!

Tuesday December 6 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

THE SLOWDOWN
4:30PM - 5:30PM
Scott Center, 46 South St.
Take a breath, slow it down, and use your creative mind! Come with work collaging, origami, watercolors, & more and enjoy hot homemade chai and cookies

FINDING A SUPPORTIVE INNER VOICE
4:30PM - 5:30PM
HWE Office, Ross
Self-talk can impact our mood, perspective and interactions. Spend some time noticing patterns in current self-talk & practice growing a supportive + positive inner voice. All attendees get free journals to take home! go/innervoice

WHY IS IT ALREADY DARK OUTSIDE?! CAMPUS WALK
5:30PM - 6:00PM
Meet @ the Chapel at the top of the hill
Head lamps and glow sticks provided for an evening walk around campus to help reduce stress and gripe about the darkness together.

Wednesday December 7 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM

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McCullough Reflection Space
(above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

WAKEFUL WEDNESDAY
4:30PM - 5:30PM
Middlebury Chapel
20 minutes of quiet contemplation with reading and music to bring awareness, strength and perspective for living during personal, political, racial, ecological and other upheavals.

HOT COCOA AND AFFIRMATIONS
7:00PM - 9:00PM
Davis Library Vestibule
Join MiddSafe advocates for a warm drink and to send good wishes to your friends during this stressful time of the semester!

STRESS LESS SCAVENGER HUNT
Any time!
All around campus
Visit some or all of the stops around campus to earn prizes & stress management strategies. Find the clues at go/SLscavengerhunt.

<u>Thursday December 8 2022</u>
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space (above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

DROP IT LIKE IT'S HOT... CHOCOLATE!
6:00PM - 8:00PM
AFC, Carr Hall
Drop it (your stress) like it's hot... chocolate! Join us at the AFC for a build-your-own hot chocolate bar. Sugar cookies, marshmallows, and so much more cozy joy!

SELF-CARE + SELF-PLEASURE WITH MHPE & SPECS
7:00PM - 9:00PM
McCullough Mitchell Green Lounge
MPHE and SPECS bring you a workshop for students on various kinds of self-care, self-pleasure, and debunking some myths. Join us for this discussion and some yummy snacks/goodies!

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REVOLVING REFLECTIONS
4:30PM - 5:30 PM
McCullough Reflection Space (above the Crest Room)
5 separate 10-minute guided meditations with a few minutes of space between each reflection for people to come and go.

Friday, December 9 2022
WEEKDAY MORNING MEDITATION SIT
8:15AM - 8:30AM
McCullough Reflection Space (above Crest Room)
Join the Scott Center Monday - Friday mornings in the McCullough Reflection Space (left turn after leaving the door to The Grille, up the stairs).Come as you are! No experience necessary.

HERE AND NOW
11:00AM - 11:30AM
HWE Office, Ross - with Counseling Staff
Try a few simple activities to promote the physical changes needed to get calm and focused. Practice and get the benefits right away and take away easy skills to use any time.

LAUGHING YOGA
11:45AM - 12:00PM
HWE Office, Ross - with Counseling Staff
Come laugh, relax and revive. Bring a friend and have a giggle - The more, the merrier!

DE-STRESS BRACELET MAKING
12:00PM - 2:00PM
Davis Family Library, Room 145
Come shed some stress by making beaded bracelets and learn stress relieving strategies!
RSVP at go/destressbracelets

BOOK A FREE 15 MINUTE MASSAGE!
4:30PM - 6:30PM
HWE Office, Ross
Licensed massage therapist Melissa will be here providing free 15-minute massages. Sign up for your spot at go/HWEmassage